

WHAT'S FOR LUNCH?

AUTUMN 1
WEEKS 3+6

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Macaroni Cheese + Fried Chicken EGG, MUSTARD, SOY, WHEAT	Beef Chilli + Jacket Potato SULPHITE	Lamb Jamaican Patties EGG, MILK, WHEAT	Sweet + Sour Chicken + Fried Rice EGG, MILK, MUSTARD SOY, SESAME, WHEAT	Panko Fried Fish EGG, FISH, WHEAT
MAIN (OPTION 2)	Macaroni Cheese + Fried Aubergine EGG, MUSTARD, SOY, WHEAT	Vegetarian Chilli + Jacket Potato BARLEY, EGG SOY, WHEAT	Vegetarian Jamaican Patties BARLEY, EGG, MILK, SOY, WHEAT	Sweet + Sour Tofu + Fried Rice EGG, MILK, MUSTARD SOY, SESAME, WHEAT	Panko Fried Halloumi Fingers EGG, MILK, WHEAT
SIDES	Herb Focaccia WHEAT	Cheddar Cheese MILK Simple Bread WHEAT	Jollof Rice CELERY Tortilla WHEAT	Prawn Toast EGG, SHELLFISH, SESAME, SOY, WHEAT	Homemade Fries Buns MILK, WHEAT
VEGETABLES	Crispy Kale	Roasted Squash	Sweetcorn	Pak Choi	Minted Mushy Peas
EXTRAS	Salad Bar Available Daily CELERY, WHEAT / Fresh Fruit Platter Available Daily Mondays, Wednesdays + Fridays - Yoghurt with Honey + Berries MILK Tuesdays – Fruit Crumble MILK, OATS / Thursdays – Carrot Cake EGG, MILK, WHEAT				

Weeks commencing – 18/9/23, 9/10/23

Wherever possible, all food is homemade on site using local, British ingredients

ALLERGEN INFORMATION Gainsborough employs a no **PEANUT** and no **TREE NUT** policy -
However, raw ingredients may be packed in a facility that handles or **NUTS** or **OTHER NUTS**

